Purple and white pansies growing in a crack in a brick wall.



LET US HELP

Toll-Free: 1-877-313-4455

Website: [eap.wa.gov/worklife](https://helpwhereyouare.com/CompanyLogin/1669/DESWA)

Your Work/Life Access Code (to logon): <ASD>

The letters "eap" are below a radiating sun which contains a person with upraised arms

Resilience is the ability to bounce back from setbacks. It can be developed over time. We can support you while you learn flexible thinking and practice positive self-talk to face challenges with confidence.

ALWAYS AVAILABLE | FREE | CONFIDENTIAL

**YOUR EMPLOYEE SUPPORT PROGRAM**

**Resilience and Change**

JULY 2025

**JANUARY 2024**